



Recipes



RICH'S CHICKEN DRUMSTICKS

Mover Rich loves his drumsticks, and not just the ones he plays drums with! Baked instead of fried, this recipe leaves out the greasy fat without losing any flavor, all the while giving your guests something to bang their drum about!



Ingredients:

- ☀ 1 ½ cup whole-wheat saltine crackers
- ☀ 12 chicken legs, skin removed
- ☀ ⅓ cup all purpose flour
- ☀ ½ teaspoon salt
- ☀ ¼ teaspoon black pepper
- ☀ 1 teaspoon paprika
- ☀ ½ teaspoon poultry seasoning
- ☀ 3 large egg whites, beaten
- ☀ Olive oil cooking spray
- * ¼ teaspoon garlic powder, optional



Directions:

1. Preheat oven to 350°.
2. Cover a baking sheet with foil and spray with olive oil cooking spray.
3. Place crackers in a resealable plastic bag and crush into fine crumbs with a rolling pin. Set aside.
4. Place flour, salt, pepper, paprika, poultry seasoning, and garlic powder in another resealable plastic bag and shake to combine.
5. Place egg whites in a medium bowl.
6. Working in batches, place chicken pieces in bag with flour mixture and seal bag. Shake to coat chicken pieces evenly with flour. Remove chicken from bag and dip in egg whites.
7. Place chicken in plastic bag with crushed cracker crumbs and seal bag. Shake to coat.
8. Lay coated chicken pieces on prepared baking sheet, spray chicken with olive oil cooking spray and bake for 45 minutes, or until cooked through. Serve hot or cold.

Makes 6 servings.

REMINDER TO SELF: Ask parents if children have any food allergies!